

What's important to know about teething and my child's early oral hygiene?

Infants typically begin teething between the ages of 4 and 7 months. As children's teeth start to push through their gum line, parents begin to notice that they typically drool more often and are inclined to chew on toys more readily. For some children, teething is painless whereas others are plagued with irritability and disrupted sleep and feeding schedules as a result. To help comfort children during this stage, it's recommended that parents provide their children with a teething toy to chew on. Rubber teething rings for this purpose can be purchased at countless stores. It's suggested that parents avoid teething products filled with liquid as this could potentially be hazardous if broken. When in need, a wet washcloth placed in the freezer can suffice. Typically, all 20 primary teeth will have surfaced by your child's third birthday.

By the time that this has occurred, it's a good idea to start instilling good brushing habits with children. Children should brush their teeth at least twice daily, especially after meals. It's recommended that parents incorporate flossing into their children's oral hygiene routine when they notice that their teeth are touching. A pea-size amount of toothpaste is recommended for young children and parents need to watch closely to assure that the paste is spit out and not swallowed. Parents are encouraged to make brushing an exciting activity rather than a chore by utilizing songs, a fun toothbrush, and brushing games. When parents emulate good brushing habits, their children will ultimately follow.